

Portion Sizes and School-Age Children

Introduction

Welcome to **Portion Sizes and School-Age Children: Trends, Effects, Solutions**. This kit provides a planned approach to address the issue of portion sizes in schools. It is full of strategies and resources to help you improve your school nutrition environment.

The Kit Includes:

- **Portion Sizes and School-Age Children: Trends, Effects, Solutions Paper:** This is an overview that explores the changing trends in portion sizes, the health consequences and possible strategies for change. There are 50 copies plus a PDF version on the CD for reproducing more copies if you need them.
- **Portion Sizes and School-Age Children: Trends, Effects, Solutions PowerPoint Presentation:** This is found on the CD. It can be used when recruiting team members and talking with groups. Portions of the presentation could also be used with school administrators and community groups when making your case for more healthful snack and meal choices in schools. You may need to customize the presentation or use just a portion of it to meet your exact needs. To modify the presentation, you will have to save it to your hard drive - using a different file name, make the changes you want and then save it to another CD or zip disc. The presentation is too large to fit on a standard disc. When preparing for your presentation, select the Notes Page View. In this view you will find talking points for each slide and where appropriate possible activities and supporting handouts. Use these to enhance your presentation.
- **Supporting Materials:** These materials are provided as hard copies and as PDF files on the CD. These materials are intended to provide specific details and guidance for the issues addressed in the portion sizes overview paper. They are "how-to" ideas for getting things done. The first item you will notice is "Plan for Change." On the CD and in the blue folder, the subsequent materials are organized to help you achieve the six steps outlined for change:
 1. Create the Team
 2. Conduct the Assessment
 3. Develop the Plan
 4. Implement the Plan
 5. Communicate the Plan
 6. Evaluate the Plan

Many of the materials are intended as "internal" guidelines for your team, while others can be used as fact sheets or educational tools when communicating your message about portion sizes. Print those files you want to use and make as many copies as you need. We chose to save the files in a PDF format to maintain their integrity.

Contents of the CD and this kit:

- Portion sizes and school-age children.ppt - presentation
- Portion sizes and school-age children.pdf - paper
- **Introduction Folder**
 - introduction.pdf
 - cover.pdf
 - dividers.pdf
- **Plan for Change Folder**
 - plan for change.pdf
- **Create the Team Folder**
 - create the team.pdf
- **Conduct the Assessment Folder**
 - gather the portion sizes facts.pdf
- **Develop the Plan Folder**
 - develop an action plan.pdf
- **Implement the Plan Folder**
 - the marketing of supersize.pdf
 - the marketing of supersize to kids.pdf
 - just say no to supersize.pdf
 - bigger may not be better.pdf
 - portion distortion.pdf
 - do you know how much you are eating.pdf
 - food guide pyramid serving sizes.pdf
 - what's in a serving size.pdf
 - choosing sensible portions.pdf
 - serving sizes are in your hand.pdf
 - raising a healthy eater.pdf
 - portion sizes policy considerations.pdf
 - serving sizes in the classroom.pdf
- **Communicate the Plan Folder**
 - sample meeting announcement.pdf
 - sample parent letter.pdf
 - working with the media.pdf
 - tips for talking with reporters.pdf
 - tips for television appearances.pdf
 - sample feature article.pdf
 - sample op ed piece.pdf
- **Evaluate the Plan Folder**
 - evaluate the plan.pdf

Note: To open the PowerPoint presentation (created with PowerPoint 97), you must have PowerPoint installed on your computer. To open and print the PDF files, you must have Adobe7 Acrobat7 Reader7 installed on your computer. Adobe7 Acrobat7 Reader7 is available free on the Internet at www.adobe.com.